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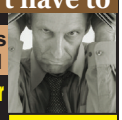

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Police arrest 53 on drug charges

SEIZURE Fifty-three people face 257 charges as police continue a crackdown on the drug trade.

Over the past five months, police have been targeting problematic areas for street-level drug trafficking in the ByWard Market and Vanier areas.

Police arrested 40 adult males, 12 adult females and a teen girl and seized drugs valued at $7,800 including about two grams of powder cocaine, 36 grams of crack cocaine and a half gram of heroin.

The accused face charges including trafficking, possession of proceeds of crime and breach of conditions.

TRACEY TONG/METRO OTTAWA

Paris Style

MICHEL EULER/THE ASSOCIATED PRESS

A model displays a creation by British fashion designer Stella McCartney for her Ready to Wear spring/summer 2010 fashion collection, presented yesterday in Paris, France.

Fact checking

Minto CEO takes aim at Lansdowne 'disinformation'

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Roger Greenberg is not surprised by the passion of the opposition to the Lansdowne Partnership Proposal, but by the amount of "disinformation" that has been circulating around the project.

"I've been really quite disturbed by the level of inaccuracy that has been contained in a lot of documents," said Greenberg, the chairman and CEO of Minto, who has taken on the role of spokesperson for the Ottawa Sports and Entertainment Group.

The $250-million proposal to redevelop the project would result in a renovated open-air stadium, 300,000 square feet of retail space, and a cinema complex.

The plan has been met with fierce opposition at public consultation sessions held over the past week, which Greenberg attributed to an aversion to change and a "litany of misleading statements."

For example, the plan mentions 91 events per year with attendance up to 45,000 visitors.

"If I'm a business owner, I'm thinking, how are 45,000 visitors going to get there? What's that going to be like," said Greenberg.

"Well, of the 91 events proposed, 75 of them will average about 7,500 visitors. The 45,000 will come maybe once a year … when we get the Grey Cup or a Rolling Stones concert."

In an effort to counter the organized and motivated opposition that has dominated the public consultations on the plan, Greenberg held a press conference yesterday with four local business leaders. Though none of them were paid to speak out in favour of the plan, they all admitted to some past or continuing business or personal interaction with one of the OSEG proponents.

> **"I've been really quite disturbed by the level of inaccuracy that has been contained in a lot of documents."**
> Roger Greenberg, CEO of Minto

Much of the "disinformation," said Greenberg, could be traced to an analysis of the OSEG business plan by Ian Lee, director of the MBA program at Carleton University's Sprott School of Business, that stated the city is carrying all the risk in the redevelopment, but would not see any of the return for at least a decade.

Canada ranks fourth on quality of life

UN The UN's verdict is in: Canadians have the fourth-best quality of life in the world, behind top-rated Norway, Australia and Iceland.

And Canada again surpasses the wealthier United States, which has slid from 12th to 13th place between 2006 and 2007, the last year for which international data was tabulated. Canada's position is unchanged since 2006.

The figures are tallied by the United Nations Development Program's annual Human Development Index, which analyses the statistics of 182 countries.

At the bottom of the scale is destitute Niger. Only a cut above is Afghanistan, in spite of billions of dollars of development money.

TORSTAR NEWS SERVICE

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Entertainment pg 17

Anvil finally catches a break

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Local

Man charged in credit card data theft

Ottawa police charged a man following an investigation into a report of stolen credit card data. Police said credit card data, which was stolen at a hospital telethon in May, was used to perform fraudulent purchases. A 38-year-old man has been charged with breach of probation, two counts of possession of a prohibited weapon, six counts of unauthorized possession of credit card data and 14 counts of possession of proceeds obtained by crime under $5,000. Luc Andre Boileau appeared in court yesterday. METRO OTTAWA

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What's online today.

SpinDoctor: Our new blogger Gord McIntosh has worked as a journalist and now as a private political consultant. He cuts through the noise on the Hill at **metronews.ca/blogs**

Lotteries

Ontario Pick 3: 9 5 6; **Ontario Pick 4:** 1 3 9 2
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Fire safety 'very important': Teen

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

When Jasmine Bégin was 10 months old, a caregiver accidentally placed her in scalding hot water, causing severe burns to her lower body.

Even though she was in the water for only a couple of seconds, the incident left her with lifelong scars.

Yesterday, the 17-year-old city resident helped launch Fire Prevention Week in Ottawa.

"Over the years I've come to realize that fire safety is a very important thing in one's life, "she said. "If I can prevent thousands of kids from going through what I went through by being an example of a victim myself, that's fine with me."

Deputy Chief Bruce Montone said fire statistics have been positive in Ottawa in the last couple of years, but the community must remain vigilant and look after other items that can cause heat-related injuries.

Mayor Larry O'Brien called on the province to take the next step with mandatory residential fire sprinkler systems in all new homes.

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ByWard **Harvest heaven**

TRACEY TONG/METRO OTTAWA

Cordell Melin arranges pumpkins at Francois Legault's stall in the ByWard Market yesterday. With Thanksgiving around the corner, all squash have been selling well, Melin said.

Group to rally for climate change bill

ENVIRONMENT With climate talks in Copenhagen just two months away, an environmental group and its supporters are converging on Parliament Hill today to ask members of Parliament to pass Bill C-311.

The bill would ensure Canada commits to science-based targets to reduce greenhouse gases.

"We need countries like Canada to commit to greater reductions to stop runaway global warming," said Mike Buckthought, a national climate change campaigner with the Sierra Club of Canada.

The rally leads up to the Global Day of Action on Parliament Hill on Oct. 24

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No more layoffs at CBC, boss says

The head of the CBC has declared an end to a round of job cuts at the public broadcaster, saying yesterday that his network won't lay off more than the 800 people cut from its English- and French-language services earlier this year. THE CANADIAN PRESS

Canada

NDP backs random breathalyzers

The opposition New Democrats say they'd support efforts to craft a new law to curb impaired driving by giving police the power to conduct random breathalyzer tests. The group Mothers Against Drunk Driving says the federal government is considering such tests. The House of Commons justice committee recommended in June that the law be changed to allow for random testing of drivers, regardless of whether police suspect they have been drinking. THE CANADIAN PRESS

Quebec **Missing woman**

PAUL CHIASSON/THE CANADIAN PRESS

Michel Trottier, boyfriend of Natasha Cournoyer, who disappeared Thursday evening after work, stands near the command post set up to search for the missing Corrections Canada worker, yesterday in Laval, Que. Trottier and Cournoyer's family worry that she may have been abducted.

Not first allegations for Lahey

Bishop was said to have been seen with pornography

The Roman Catholic Church says an allegation made two decades ago about a bishop who is facing child pornography charges was passed on to the archbishop of St. John's, N.L., at the time.

In a statement released yesterday, Archbishop Martin Currie of St. John's says a review shows Rev. Kevin Molloy did have a conversation with Shane Earle about what he asserts he saw when he was a teenager in the home of Raymond Lahey, who was a priest in the 1980s in the St. John's area.

Lahey recently resigned as bishop of the diocese of Antigonish in Nova Scotia, shortly before it became public that he was charged with possessing and importing child pornography in Ontario.

Raymond Lahey

The statement says Molloy informed the archbishop of St. John's at the time, Alphonsus Penney, what Earle had told him. But it does not say what action, if any, was taken by the archdiocese.

During a public inquiry into abuse at Mount Cashel in October 1989, Earle — a former resident of the orphanage — testified he saw something in Lahey's home as a teenager in 1985 that disturbed him.

Earle has told the CBC he saw child pornography, but in an interview Molloy says Earle told him in the late 1980s only that he saw pornography.

"Shane told me that he was shocked to have witnessed there, to have seen there, pornography," Molloy said in an interview from Florida. "I just simply got the word pornography from him."

Lahey resigned as bishop of Antigonish on Sept. 27, citing unspecified personal reasons. Three days later, Ottawa police said the bishop was facing child pornography charges.

THE CANADIAN PRESS

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Zoo officials baffled by intruder

TIGER Calgary Zoo officials say they don't know why a man scaled one of two fences around the Siberian tiger exhibit where he was attacked by one of the big cats and badly injured.

Zoo spokesman Grahame Newton says the incident, which happened in the dead of night, has left staff wondering what the man was thinking.

"It wouldn't be something I would try," Newton told reporters at a news conference yesterday.

"I don't think any reasonable person would want to get that close to a potentially dangerous carnivore. They are behind those enclosures for good reason and most definitely I would have to wonder what was going through a person's mind to do something like that."

"I don't think any reasonable person would want to get that close to a potentially dangerous carnivore."
Grahame Newton, Calgary Zoo spokesman

Newton said two men, both 27, broke into the zoo at around 1 a.m. by scaling the 2½-metre-high main fence that is topped with barbed wire. They then went to the tiger exhibit.

Newton said one man climbed the outer safety fence around the enclosure. The tiger hooked the man with a claw and pulled the man's arm through the inner fence.

THE CANADIAN PRESS

Firearms fee waiver worth $15M

REGISTRY The Conservative government is relinquishing millions of dollars in gun registry and licensing fees at a time when the government is running record budget deficits, CBC News Online reports. Documents show the federal government's decision to waive fees for people licensing their firearms will cost more than $15 million this year. METRO NEWS SERVICES

Jury set for trial of Quebec mom

MURDER A jury has been selected at the trial of a Quebec woman charged with killing her three children.

Seven men and five women have been chosen to determine whether Cathie Gauthier is guilty of first-degree murder in the deaths of 12-year-old Joelle, seven-year-old Marc-Ange and four-year-old Louis-Philippe.

Crown prosecutor Sonia Rouleau says the children all had their arms crossed when they were found last January in a bed in the family residence in Saguenay, about 250 kilometres north of Quebec City.

Rouleau wants to show that Gauthier went to a pharmacy a few days before the deaths to buy drugs that were found in the victims' bodies.

The trial is expected to last between two and three weeks.

THE CANADIAN PRESS

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Hopes of economic recovery start to dim

BUSINESS Is the optimism about the economic recovery already waning?

Stunningly poor economic results in the past week — and lack of progress over the weekend at the G7 finance ministers meeting — have cast a shadow over the long-term sustainability of the economic recovery and even whether the next few months will be as rosy as hoped.

Talk of a strong V-bounce this year with growth rates of four, five and even six per cent has gone silent since Canada reported last week that the economy stalled in July and the U.S. reported losing an outsized 263,000 jobs in September.

Finance Minister Jim Flaherty predicts that unemployment in Canada is likely to remain high until into next year and the G7 summit communique warned, yet again, that labour markets remain troubled and the recovery "fragile."

Policy-makers have been more cautious than many private sector economists for months, but there now is a growing sense there were sound reasons beyond politics for their restraint.

The next big number is Friday's employment data for Canada and economists are as confused as everyone else about what that will show.

THE CANADIAN PRESS

News in brief

JAIL RIOT Manitoba's attorney general says a riot at an overcrowded provincial jail can be partly blamed on a lax federal law that gives inmates double credit for time served while they wait for sentencing. The riot, which lasted several hours Sunday, took place at the Brandon Correctional Centre, where about 50 inmates are currently kept in a gym. THE CANADIAN PRESS

Search for quake survivors called off
The search for survivors under the debris of thousands of buildings toppled by earthquakes in Indonesia last week has been called off. The death toll from last Wednesday's tremor in Sumatra is expected to rise once the missing are accounted for. The UN has said 1,100 people died. THE ASSOCIATED PRESS

World

Group says Shroud of Turin a fake

A group of Italian debunkers is claiming it has proved that the Shroud of Turin — revered as the cloth that covered Jesus in the tomb — was man-made. The Italian Committee for Checking Claims on the Paranormal said yesterday that scientists have reproduced the shroud using materials and methods that were available in the 14th century. The group said in a statement this is further evidence the shroud is a medieval forgery. In 1988, scientists used radiocarbon dating to determine it was made in the 13th or 14th century. THE ASSOCIATED PRESS

Belgium **Milk price crisis**

YVES LOGGHE/THE ASSOCIATED PRESS

A farmer waves a French and European Union flag during a demonstration in front of the EU headquarters in Brussels yesterday. Hundreds of dairy farmers drove tractors into Belgium's capital to push for EU farm ministers for more funds to survive a milk price crisis.

News in brief

SENTENCE A New York City man who admitted trying to hire a hit man to kill his estranged wife and cut off her wedding-ring hand with a samurai sword has been sentenced to two to six years in prison. THE ASSOCIATED PRESS

Virginity kit 'illicit'

Egyptian lawmakers decry device to fool husbands

Conservative Egyptian lawmakers have called for a ban on imports of a Chinese-made kit meant to help women fake their virginity and one scholar has even called for the "exile" of anyone who imports or uses it.

The Artificial Virginity Hymen kit, distributed by the Chinese company Gigimo, costs about $30. It is intended to help newly married women fool their husbands into believing they are virgins — culturally important in a conservative Middle East where sex before marriage can be considered illicit. The product leaks a blood-like substance when inserted and broken.

Egyptian religious scholar Abdel Moati Bayoumi said anyone who imports the device should be punished. "This product encourages illicit sexual relations. Islamic culture forbids these relations except within the confines of marriage."

In a region where premarital sex is so taboo it can even lead to a woman's murder, the debate over the virginity-faking kit has revived Egypt's struggle to reconcile modern mores with traditional beliefs — namely, that a woman is not a virgin unless she bleeds after the first time.

"Bleeding is not the only signal ... she's a virgin," said Heba Kotb, an observant Muslim woman who hosts a sex talk show on TV in which she fields calls from all over the Middle East.

Kotb noted a medical procedure that reattaches a broken hymen is illegal in Egypt. But many women still secretly seek it in fear of punishment for pre-marital sex. THE ASSOCIATED PRESS

Veils off

- An Egyptian paper reports the country's top Muslim cleric plans to ban female students from wearing the face veil from schools run by al-Azhar, Sunni Islam's most prestigious institute of learning.

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Court rejects diocese request

CONNECTICUT The U.S. Supreme Court refused yesterday to block the release of documents generated by lawsuits against priests in the state of Connecticut for alleged sexual abuse. The justices turned down a request by the Roman Catholic diocese in Bridgeport. Several newspapers are seeking the release of more than 12,000 pages from 23 lawsuits against six priests. The records have been under seal since the diocese settled the cases in 2001. Courts in Connecticut have ruled that the papers should be made public.

The decision ends a legal battle that dragged on for years and could shed light on how retired New York Cardinal Edward Egan handled the allegations when he was Bridgeport bishop. It's unclear when the documents will be released. THE ASSOCIATED PRESS

Two women share a Nobel first

MEDICINE American doctors Elizabeth Blackburn, Carol Greider and Jack Szostak won the 2009 Nobel Prize in medicine yesterday for discovering a key mechanism in the genetic operations of cells, an insight that has inspired new lines of research into cancer.

It was the first time two women — Blackburn and Greider — have been among the winners of the medicine prize.

The trio solved the mystery of how chromosomes protect themselves from degrading when cells divide.

THE ASSOCIATED PRESS

Dr. Elizabeth Blackburn and Dr. Carol Greider

Their work, done in the late '70s and early '80s, set the stage for research suggesting that cancer cells use telomerase to sustain growth. THE ASSOCIATED PRESS

Taliban leader vows retaliation

PAKISTAN The Pakistani Taliban's new leader met with reporters in the country's tribal areas for the first time since winning control of the militants and vowed to retaliate against the U.S. and Pakistan for drone attacks along the Afghan border. The appearance by Hakimullah Mehsud ended any speculation that he was killed in a leadership battle within the militant group sparked by the August slaying of his predecessor Baitullah Mehsud in a missile strike. THE ASSOCIATED PRESS

Magazine to ban pro models

FASHION Germany's most popular women's magazine announced yesterday that it is banning professional models from its pages in favour of "real women" in an attempt to combat an unhealthy standard of rail-thin beauty that it says has isolated its readers.

The editor-in-chief of Germany's bimonthly Brigitte told reporters that, starting next year, the magazine will feature a mix of prominent women and regular readers in photo spreads for everything from beauty to fashion to fitness.

Andreas Lebert said the move is a response to readers increasingly saying that they are tired of seeing "protruding bones" from models who weigh far less than the average woman. THE ASSOCIATED PRESS

A real look

- Fashion centres around the world have begun trying in recent years to combat the size 0 look that has come to dominate the fashion industry, contributing, some experts say, to eating disorders and poor body image.

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Comment

Prime minister hitting a high note

NationalReport

Canadian politics has seen many iconic moments, times when the prime minister shocked the flock. How about Jean Chrétien, in dark shades, looking like a mafia don, taking a protester by the scruff of the neck and heaving him aside?

How about Pierre the bannister-slider Trudeau and the infamous fuddle-duddle outburst wherein he told the members of the opposition to go forth and multiply?

Or Brian Mulroney taking to the stage with Ronald Reagan for a rousing rendition of When Irish Eyes Are Smiling?

These moments were all in keeping with the character of the perpetrator. Chrétien, a streetfighter, Mulroney, a ham, etc...

What made Stephen Harper's piano and song act Saturday night more astonishing was that it was so unlike Stephen Harper. He was seen to be a philistine, the guy who turned up his nose at chi-chi galas. His image as a brooding chess player, a leader bereft of mirth and spontaneity, was what held him back. Canadians didn't want to give a majority government to someone, no matter how competent, they did not like, could not warm to.

For years everyone has been telling Mr. Harper, "For God's sakes, lighten up." He's been well aware of the personality issue. On policy he adroitly moved his government to the moderate middle, finding a comfort zone with Canadians. On personality he knew he still had a lot of work to do.

The blue-sweater commercials in the last election campaign served to soften his image somewhat. But he soon reverted to old form. It was like he couldn't help himself, couldn't quite tame his antagonistic instincts. He needed something to jolt the image. Enter his wife, the sprightly Laureen. Hats off to her. She was the brains behind the caper at the gala.

No doubt he has changed a lot of perceptions with his gutsy performance. This clip will be shown on every Harper hi-lite reel from here to eternity. Any time someone tries to suggest this guy's a creep they'll get this image thrown back at them.

His career has seen many surprise moments — his bringing Liberal David Emerson into his cabinet, his stunning Quebec nation gambit, his entirely bizarre budget update of last fall.

But none beats this one. He still has a ways to go before he works his way into the people's hearts. But for the first time, he's within striking range.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

The new workplace is not for the elderly

ModernLife

As a freelancer sequestered in my basement for the past 12 years, the outside work world has been looking increasingly attractive. The lure of paid vacations, workplace gossip and seeing what other people are eating for lunch is strong. Until last night, I envisioned returning to a job where people my age would be joking about downsizing and vacations. I'm not sure where those people are — retirement homes, dead or golfing?

At a work-related event earlier this week, I stumbled upon the horrifying fact I was the oldest person in the room. Scanning for some sign of oldness — grey hair, no hair, wrinkles, I encountered only flawless skin and full heads of hair. I soon discovered not only did they have jobs, they'd landed the good ones — ones I'd envisioned myself lolling about in. Initially I asked them about their work, vacations, condos (that's where cool, young managers live) but quickly slid into my Mike Wallace grilling mode. "I bet I'm your Mom's age, right?"

Not quite. Two fabulous-looking women, an editor and a business manager, informed me their moms were 49 and 52. Oops — I'm even older.

When I buttonhole an arts editor about writing a story about a punk band making a comeback, he doesn't recall their name. "How old were you 30 years ago?" I snap. "Two." He looks sheepish.

I may still get young men taking a second look, but the big question is, will they take a second look at my resumé when they notice they were born the same year I started my sixth job? I call my old friends, and I mean old. "Is it all kids at your workplace, now?"

One, a manager, sighs, "I try to hire old people."

Another admits, "I feel like I'm their Mom."

It feels like the new Melrose Place, with all those young kids. Thank God, Heather Locklear's coming back to run the show. I pray life will imitate art.

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

MICHAEL DE ADDER

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Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Cambodia **Jobs unravelling**

HENG SINITH/THE ASSOCIATED PRESS

Cambodian garment factory workers travel together on a motorcycle cart to get home from work. Yesterday, the government said that the global recession forced the closure of 77 garment factories in Cambodia in the first nine months of 2009, throwing more than 30,000 people out of work.

Look to IT sector for future jobs: Survey

The future for highly skilled job growth in Canada is in the information technology sector, according to a new survey, though experts doubt the permanence of such jobs.

The country's IT industry could grow by as much as 84,000 jobs and around 1,000 new businesses over the next four years to 2013, says a survey commissioned by Microsoft Corp. and conducted by global research firm IDC.

m.metronews.ca

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"Sometimes people think IT is something that reduces jobs," said Microsoft Canada Co. president Eric Gales.

"But in absolute terms it actually is a net generator of both jobs as well as new companies."

The survey, which analyzed the IT sector in 52 countries — including Canada, the U.S., U.K., Turkey, China and Greece — predicted global growth in the industry to be around 5.8 million new jobs.

There would also be an estimated 75,000 new businesses globally, the survey said.

TORSTAR NEWS SERVICE

Spin Master staying strong through recession

TOYS As the toy industry struggles through the recession, privately owned Spin Master continues to demonstrate its golden touch in developing a line-up of must-have toys.

The Toronto-based giant has consistently come up with new ideas that have transformed it into North America's third-largest toy firm and a growing children's entertainment company.

Spin Master's latest creation, the Liv doll, has just hit store shelves and is already competing with Barbie for the affection of young girls. Developed after years of studying the doll market, Liv can strike many movements and has exchangeable wigs.

THE CANADIAN PRESS

Business in brief

ECONOMY CIBC says small is better for Canadian businesses coping with turbulent economic times. A report from the bank says small- and medium-sized firms appear to have survived the recession much better than larger rivals, with relatively few bankruptcies. The bank also says small firms are able to take advantage of the recovery. THE CANADIAN PRESS

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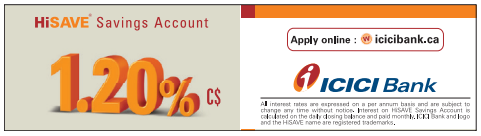
Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Buying for investment

MoneyMatters

Q I purchased a condo three years ago as an investment. Last week, my lawyer informed me that I would have to pay additional GST on closing. I am a little confused. — Michael

A With the help of a good lawyer, most new home purchases close without a hitch. On closing, generally owner-occupied home buyers have no further GST concerns.

However, new home purchases for investment can be confusing for a novice. The same GST rules do not apply for investors. On closing, the purchase price must be re-calculated and the buyer usually pays additional GST. Prepare to pay a few thousand dollars extra on closing.

The investor has to do some tax follow up:

- The investor has two years after closing to apply for the GST rental rebate or lose it.
- Claim GST transitional rebate, if applicable.
- Report capital gain for the year property was sold. Fifty per cent is taxable.
- Check for capital losses in prior years.
- Report rental income when filing tax returns.

Make sure you speak to a qualified expert who deals regularly with these transactions.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

On the web

Investing:
Allan Small discusses how the unemployment rate in the U.S. and Canada is an opportunity to buy into the markets. Visit metronews.ca/investing.

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When less is more

AlisonOnMoney

If you want to get on the fast track to uncontrollable debt, the easiest way to do it is not by ramping up your spending but by falling into the practice of paying only the minimum on your credit card each month.

Those minimums can seem like a bit of a gift in the beginning. Gee, I get to use all this money and only pay back a tiny part of it every month! Not so fast.

Typically minimum payments are between 1.5 and 2.5 per cent of your balance. Say you owe $5,000 on a credit card with a 19.5 per cent interest rate. The minimum payment at two per cent is $100. If you keep paying the minimum, after 25 years you will still owe $1,600 and will have forked over a staggering $14,673 in interest — nearly triple the amount you borrowed in the first place.

Take a look at the monthly math. Of the first $100, $81.25 goes to interest while only $18.75 is applied to your principal. So you still owe $4,981.25 after one payment.

The kicker is that these calculations assume you charge nothing further during this period. How many people are able to put away their credit card for 25 years?

There is some hope here. Double the monthly payment in the example to $200 and it will only take you 33 months to pay off the $5,000 with an interest cost of $1,468. Much better.

The extra $100 has such a huge impact on the payout because it is applied directly to the balance. Of the $200, $81.25 goes to interest, with $118.75 applied to the balance.

Ratchet up your monthly payments to $300 and you cut the payout period to 20 months with the interest only $878.

The moral of the story; never pay only the minimum on your balance and upping the payment by even a small amount monthly will go a long way to getting the debt gone.

Alison's Money Rule:

- Paying the minimum on your credit cards is the financial equivalent of locking yourself in a straightjacket and throwing away the key.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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vancouver 2010
CHEVROLET OFFICIAL VEHICLE*

Fencing silver for Canada
Ottawa's Sherraine Schalm pushed her opponent to overtime before settling for a silver medal yesterday at the world fencing championships in Turkey. THE CANADIAN PRESS

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Wanted: Goals

Senators hope missing offensive spark shows up soon

Alex Kovalev's detractors often accuse him of not working hard enough.

But with Ottawa looking for an offensive spark ahead of the new NHL season's first Battle of Ontario, the talented Russian winger said the Senators' biggest problem so far may have been a result of working too hard.

"We were just trying to do so much," Kovalev said yesterday in discussing the Senators' lack of production in a season-opening 5-2 loss to the New York Rangers on Saturday.

"(And) the harder you try, the worse it gets."

With the Senators heading into the Air Canada Centre to face the Toronto Maple Leafs tonight, they'll be trying to show some of the balanced attack that was supposed to exist in the team's ranks after sniper Dany Heatley was dealt to San Jose at the start of training camp.

It rarely was apparent in pre-season, when Ottawa was held to just one goal in four of its six exhibition games, and only a late consolation goal against the Rangers kept that stat from popping up again when the real games began.

But it's nothing to sweat, Kovalev said following yesterday's practice.

"It usually happens the first one or two games," said Kovalev, who, after signing a two-year, $10-million US free-agent deal in the summer, was held without a shot in 20 minutes 25 seconds of ice time in his Ottawa debut.

His fellow newcomers who are being counted on to contribute offensively, Milan Michalek and Jonathan Cheechoo — who came the other way in the Heatley trade, also went without a point.

Kovalev chalked the opener up to the Senators waiting all summer to get started on a fresh season and then running around with misplaced energy.

"Sometimes it takes a game or two to fall into place and all of the sudden, the lines are clicking," Kovalev said. "I wouldn't worry too much." THE CANADIAN PRESS

"Sometimes it takes a game or two to fall into place ... I wouldn't worry too much."
Alex Kovalev

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Sports in brief

BASEBALL Toronto Blue Jays second baseman Aaron Hill and St. Louis Cardinals ace Chris Carpenter are Major League Baseball's comeback players of the year. Hill was also named to the all-star team in a remarkable recovery after missing all but 55 games in 2008 because of a concussion and related issues.

OLYMPICS The International Olympic committee may bar countries from hosting the Olympics, starting with the winter games of 2018, if the countries don't have laws that empower police to raid and investigate people suspected of helping athletes to use performance enhancing drugs.

GOLF Matt Kuchar won the Turning Stone Resort Championship golf event yesterday on the sixth hole of a sudden-death playoff. Kuchar improved to 2-0 in playoffs and won the top prize of $1.08 million US, boosting his earnings for the year over $2 million.

SOCCER Saudi Arabian property magnate Ali Al-Faraj was close to finalizing a deal to buy Portsmouth yesterday and can immediately take over after being approved as an owner by the Premier League.

METRO NEWS SERVICES

NFL Favre faces Packers

MORRY GASH/THE ASSOCIATED PRESS

Minnesota quarterback Brett Favre reacts after Adrian Peterson rushed for a touchdown against Green Bay last night. For a complete recap, visit **metronews.ca/sports**

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Learning Curve is a monthly feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

It's not you, it's me

LINA TOYODA
for Metro Canada

Many unsuspecting high-school sweethearts will get blindsided by the "turkey dump" this weekend.

Going away to university can be a new and exciting experience, a milestone on one's road to independence.

With excitement, change and imminent opportunities, many 18- and 19-year-olds tread into their new lives and that unknown first semester, leaving behind all that is familiar, even a high-school sweetheart.

Some young couples decide to stay together and try to make their relationship work across cities, schools and even time zones.

Unbeknownst to the first-year student, many things can change in about a month and a half, the time between the first day of school in September and the first holiday, Thanksgiving, which lands on a weekend usually in mid-October.

On the first visit home for many students, some unsuspecting high-school sweethearts will get blindsided. Sometimes called the "turkey dump," it's when a student breaks up with a high-school boyfriend or girlfriend while home for the Thanksgiving break.

"My roommate in first year, she did that," said Jessica Dell, 21, a fourth-year biology student at the University of British Columbia from Salmon Arm, B.C. "Her boyfriend was still in high school. He was a year younger and she went to university. She just met a whole bunch of new people and had new experiences and she was like, 'Yeah, I'm done with you.' It sounds kind of mean, I guess."

Dr. Doug Daher, a clinical psychologist at the University of Toronto and private practice, says it is very unusual for a high-school relationship to last.

"Developmental changes are happening during this time. You are becoming a different person, the cards are changing, so to speak," said Dr. Daher. "This is a time for transformations in many areas including sense of self, confidence, knowledge and emotional capacity."

Jane Yoon, a first-year commerce student at UBC from South Korea, says she has a new view on her long-distance relationship with her boyfriend, a few weeks into the school year.

"When I was in Korea, I thought I could go to university and keep the relationship and it wouldn't be that hard," Yoon said. "Now, it's so busy here and with the time difference, it's so hard to manage. I have my own schedule and he has his own schedule and it doesn't fit now, so we are kind of having troubles."

It seems natural for students to grow and change with their new surroundings. Along the way, many students find themselves having less and less in common with their friends from high school, simply because they don't share the same experiences anymore.

"It's tricky. It's a lot of time management between work, school and friends," says Molly Baltieri, 19, a second-year UBC arts student from Santa Barbara, Calif.

"It's a really big change and then once you get here, you realize that your friends back home are totally different. I definitely changed a lot and grew up a lot, and some of my friends back home aren't necessarily my friends anymore."

When it comes to relationship and interpersonal issues throughout the developmental stage — in your 20s — Dr. Daher says people are often asking themselves some complex questions like "Am I capable of loving someone?" and "Can I really be loved by someone?"

"These are existential questions, and college and university is a time to test the waters and really explore these deeper thoughts," he said.

Extra-curricular activities linked to well-being, success

EVA LAM
for Metro Canada

Students looking for experiences beyond the academic can find plenty of opportunities right on campus.

At the University of Calgary, Kat Lord has gone from taking part in extra-curricular activities to actively getting other students involved in them, part of her duties as the vice-president, events for the students' union.

"This just seemed like another place where I could do some good," says Lord, whose campus activities have included heading the school's feminist association and deejaying for campus radio.

"I really wanted to bring programming to campus that was diverse and that reached a variety of populations on campus."

Lord organizes both weekly events — for example, Wednesdays feature free, instructed yoga classes — and monthly themes. October is Wellness Month, and the programming includes a Heart and Stroke Foundation fundraiser, alcohol awareness day and health fair.

But school-wide events aren't the only source of outside-the-classroom action to be found on campus.

There are more than 40 course unions at Ryerson University, where all full-time undergraduate students are automatically a member of their program's respective course union.

The Computer Science Course Union (CSCU) brings its members together with both professionally related and social activities. These sorts of events "let you get to know the people in your program, especially for first-years," says Robert Mazzatto, the CSCU's vice-president, communications.

Clubs are another way for students to make the most of their time at school. Ryerson's Urban Hip Hop Union (UHHU) aims to promote hip-hop culture in Toronto through activities ranging from panel discussions to dance workshops.

The students' union recently named UHHU the Student Group of the Year, an honour UHHU co-president Shakera Martin attributes in part to the group's inclusive philosophy.

"The thing about UHHU that I love personally is it's a diverse group of students," she says.

Taking part in extra-curricular activities has important implications for a student's emotional well-being and, in turn, their academic success, says Carole Sénéchal, a professor of psychology and education at the University of Ottawa.

"You feel like you're part of a family (and that) you have a place in society but also a place in university," she says.

Recognizing the importance of these kinds of experiences, the University of Calgary became the first university in western Canada to establish a Co-Curricular Record, which recognizes a student's extra-curricular activities while in school. It can give students an extra edge when they apply for a master's degree or look for a job, says Lord.

"It's just another incentive to go out there and get involved with your community," she says.

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Learning Curve is a monthly feature that focuses on education and student life.

EBay sales skills? Swordplay? Learn in class

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

With nearly a million people in the region, the skills that people hope to acquire and teach are varied.

A quick glance through the Ottawa recreation guide will prove that there is no shortage of classes being offered for almost any activity imaginable.

From hip-hop dance classes for pre-schoolers to Conversational Spanish course for adults over 55 years old, there is something for everyone.

Dance classes are popular for all ages, but they can get pretty specific, like the 18th-century style English country dancing on Wednesday nights at the Shenkman Arts Centre or the two levels of Bollywood Dance lesson available at the Hintonburg Community Centre.

If dancing is a little too pedestrian, chivalrous sword handling classes are available at the Plant Recreation Centre on Sunday mornings.

Arts and crafts are also popular. There are plenty of classes for painting, pottery and even scrapbooking, but does anyone need to learn to paint portraits of their pets in acrylic on canvas?

Don't actually bring your pet to the Thursday night classes at the Nepean Creative Arts Centre, a photograph will do just fine.

Ottawa offers courses for a wide variety of interests, including sword handling.

For the aurally inclined, there are a variety of drumming classes being offered. Maybe the drumming classes could get together with one of the guitar classes and a choir and create a supergroup.

Those looking for sexy classes would be hard-pressed to beat the recorder group lessons being offered at the Shenkman Arts Centre on Wednesday nights, where students learn breathing, fingering and tonguing techniques they must have forgotten after high school. Participants have to bring their own recorder.

Art that people can look at and listen to is always nice, but art that people can eat is a special treat.

There are two levels of cake decorating classes offered at the Greely Community Centre. That's up against two levels of chocolate making classes offered at the Cyrville Community. Both are on Thursday nights.

There are computer classes ranging from beginner (at the Dempsey Community Centre on Monday mornings), to a class dedicated to the basics of Ebay selling (the Pinecrest Community Centre at noon on Sunday).

Planning key to avoiding stress during mid-terms

RAFAEL BRUSILOW
for Metro Canada

Mid-terms are coming, but the stress of studying doesn't have to be overwhelming.

Richard Earle, managing director of the Canadian Institute of Stress, says stress is on the up for modern students because more pressures surround them than ever before.

"I think students nowadays are juggling more areas in their lives than in previous generations," he said.

Maintaining a good study-work-life balance isn't easy, so make sure you plan well in advance for any work you need to get done and try to pace your fun side — no one can consistently run on just four or five hours of sleep a night.

While a little stress can be highly motivating — after all, Earle says, stress is just the body's way of providing you with more energy at trying times — the constant influx of nervous energy eventually becomes more than the body can handle. Earle says you should train yourself to spot when you're about to crack and force yourself to de-stress before you go over the edge.

"Your body makes you back off eventually, and recognizing that back-off point before it's done to you is about recognizing those early warning signs," Earle said.

"I think students nowadays are juggling more areas in their lives than in previous generations."
Richard Earle of the Canadian Institute of Stress

Inability to concentrate, undue irritability and even fewer regular trips to the gym can all signal that the stress in your life might be taking over. Try consciously slowing your breathing for a few minutes, taking a brisk walk or just flopping down for a lazy time-out.

For those sleep-depriving worries, make sure you first pinpoint what it is that's worrying you, whether it's that monster 10-page paper or an upcoming exam.

"What drives stress is uncertainty, and the best way to neutralize worry is to know what you're worried about. Focus on the thing that is recurrently worrying and in the short term do something to pull yourself out of it physically," Earle said.

Once you've calmed down, Earle recommends asking yourself a few crucial questions. "Can I change my situation? If the situation does go badly, what's the worst realistic effect, and if so, what's my plan?"

Keeping a plan of action will keep you focused on the task at hand and not on the stress, Earle says.

Most importantly, force yourself to think positively — after all Earle says most languages have three times as many negative adjectives as positive ones, so you have to fight against nature and really commit to embracing a positive attitude.

"Realistic optimism is a choice. If you don't see very clearly the positive in front of you, then you will overwhelmed by the negative," Earle said.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Get in gear

Check out some of the latest in fitness attire and accessories

METRO NEWS SERVICE

Hills Pullover great for interval training or race day runs ($99). Visit lululemon.com.

Part of the Lace Up for the Cure program. Visit newbalance.com/laceup

New Balance Pink Ribbon Shoe (exclusive to Canada). Available at Running Room stores across Canada.

Cool Racerback made with mesh for maximum ventilation ($39). Visit lululemon.com.

The Nike+ SportBand gives runners real-time performance feedback on their distance, pace, time and calories burned ($79.95). Visit nikebiz.com.

Above: A nonslip sock created for yoga and Pilates that gives you the toe-wiggling freedom ($19). Right: Aluminum water bottle two-pack ($19.98, available in November). Visit gaiam.com.

The Empower Crop pant for running. Made with four-way stretch power for "no bounce" muscle support and quck drying capabilities ($86). Visit lululemon.com.

Weightlifting can help breast cancer survivors

STUDY Breast cancer survivors have been getting bad advice.

For decades, many doctors warned that lifting weights or even heavy groceries could cause painful arm swelling. New research shows that weight training actually helps prevent this problem.

"How many generations of women have been told to avoid lifting heavy objects?" Dr. Eric Winer, breast cancer chief at the Dana-Farber Cancer Center in Boston, lamented after seeing the surprising results of the new study. "Women who were doing the lifting actually had fewer arm problems because they had better muscle tone."

The study was led by Kathryn Schmitz, an exercise scientist at the University of Pennsylvania, and funded by the U.S. federal government.

More than 2.4 million Americans are breast cancer survivors, and the study could mean a big difference in their quality of life. Cancer treatment-related arm swelling now appears to be one of many ailments made better by exercise — not worse, Schmitz said.

THE ASSOCIATED PRESS

Try the side lean yoga pose

SIDE LEAN:

1. Come in to a comfortable cross-legged seat, with the right ankle in front of the left.
2. Take your hands on to the floor on either side of your hips, and then walk your hands slightly away from you to draw your shoulders away from your ears.
3. Lift through your lower belly and pelvic floor and then, on an inhale, reach your right arm up in to the air. Exhale and stretch over to the left, walking your left hand away from you until you feel a nice stretch down the right side of your body.
4. Keep lengthening both sides of the body as you breath for 10 breaths, trying to keep your right shoulder drawing down away from your right ear.
5. Inhale to come back to centre, and exhale your right hand back to the floor. Switch so that the left ankle is in front and repeat the side lean on the other side.

BY: YOGAMASTER KATRINA REPKA, KATRINAREPKA.COM

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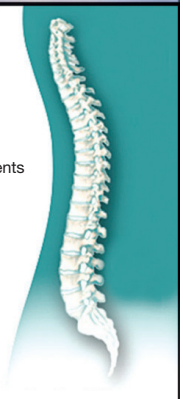

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An affair to forget

Celebrity indiscretions are none of our business

That the audience reacted with applause and laughter to David Letterman's recent confessions of infidelity would indicate that cheating is not only expected but acceptable, especially among the rich, famous and powerful.

In fact, it's getting to the point that it's more shocking if you're famous or a politician and you don't have a sex scandal or two under your belt.

This is a good thing. Not because I condone cheating. In fact, c'mon David, affairs with female employees half your age? Really? But frankly, it's none of my business. Or any of ours.

And the more we realize this, the better off we'll be. If the North American public becomes increasingly nonchalant about the indiscretions of our celebrities and politicians, we can spend our energy focusing on stuff that really matters, like, oh, I don't know, saving the planet? Ending world hunger?

"It's getting to the point that it's more shocking if you're famous or a politician and you don't have a sex scandal or two under your belt."

We should probably thank Bill Clinton. It seems to me that before Bill, Monica and "the blue dress," we hardly ever saw news stories about the private lives of our public figures. And it's not as if Bill Clinton invented infidelity. Celebrities and politicians have been cheating throughout history.

But, for some reason, the Clinton/Lewinsky affair really set us off and opened up the debate. It got the whole country talking about cultural attitudes when it comes to public figures and their personal affairs. There were endless debates over whether his private sexual affairs should have had any bearing on his ability to run a country.

We also discovered that, across the pond, they couldn't figure out what all the fuss was about. Heck, over in France, the mistresses of their politicians openly attend his funeral right alongside his wife. So why were our knickers in such a twist?

But Pandora's Box had been opened and the thirst for sexual scandal seemed unquenchable. The Bill and Monica media frenzy ushered in a new era of digging into the private affairs of our public figures. In the last few years, it seemed you couldn't turn over a politician or a celebrity without finding a sex scandal buried underneath. But, with each new scandal, public reaction is increasingly more shoulder shrug than shock.

The less the public cares, the less the media cares. And the less the media cares, the greater the chance we'll get to read about something more useful to the world than what is written in Stephanie Birkitt's diary.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

THE ASSOCIATED PRESS FILE PHOTO

It seems that ever since the Bill Clinton and Monica Lewinsky (pictured) scandal, the public has had a thirst for news stories about the private lives of our public figures.

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Makeup fit for a queen

Smashbox lip gloss in Crowned, $22.

BEAUTY Get the royal treatment with a new decadent makeup collection inspired by the lavish extravagance of the noble class.

For its new Reign fall 2009 colour line, Smashbox Cosmetics turned to the luxe and indulgence of the Tudor era — mixing traditional bourgeoisie with a contemporary twist.

Fall must-haves include the double-take lip colour ($25); a lip pencil on one end and luxurious creamy colour on the other. Available in Currant (matte deep berry) and Amaretto (matte peachy pink).

The Crowned-coloured lipgloss ($22) will have you shining like a queen with it shimmery peachy pink glow.

And has all the scandal and desire left you blushing yet? Try the Fusion Blush ($37) in Regal, a matte peachy nude/shimmering peachy nude.

Smashbox products are available at select Shoppers Drug Mart stores, Murale stores and Sephora.

METRO NEWS SERVICES

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YOUR DENTIST REALLY NEEDS TO KNOW ALL ABOUT YOU!

Perhaps you have not been to visit your dentist recently. Maybe you are changing to a new dentist. Regardless, if you are making your first trip to the dentist in a long time, you will be asked to fill out a medical history form when you arrive at the dentist's office.

Some people question the need to fill out such a form. If you are one of those people, you might wonder why a dentist would need to know such personal information about your health when all you are there for is a cleaning and a check- up.

The truth is that your dental health is closely linked with your overall health. The more your dentist knows about any health conditions you may be experiencing, the better s/he will be able to provide thorough and safe dental care.

One of the most obvious concerns would be allergies to certain medications. Depending upon the nature of the dental care you are being provided, your dentist may need to use certain medications. Administering the wrong medication to a person with an allergy could prove fatal.

In addition, many health conditions have a profound impact on your oral health. For instance, individuals with diabetes are more likely to experience periodontal disease. The sooner your dentist knows about your condition, the sooner s/he can devise a treatment plan to help monitor your periodontal health. This is vital as so many people experience tooth loss as a result of periodontal issues and not tooth decay!

Dr. Peter Georgopolous
Dental Surgeon

Even the rudimentary cleaning and check-up we referred to earlier can be affected by a medical condition. For instance, if you have not visited the dentist for some time, you may be experiencing plaque build-up and inflammation of the gums. Inflamed gums tend to be more tender and susceptible to bleeding when touched.

Imagine your dentist probing your gums to determine the extent of any inflammation. It is possible that this could result in the gums bleeding. This would be nothing more than a minor inconvenience for most people. But what if you were on blood thinners at the time? Now the problem becomes more complicated and it could have been avoided had you disclosed to the dentist the fact that you were taking such medication.

The fact is that proper oral health care does require knowledge of your complete health. Not only will your new dentist require a medical history form be completed on your first visit, the Royal College of Dental Surgeons requires that it be updated every three years to record any changes in health, medications or supplements you may be taking.

So when your dentist office asks you to complete a medical history form, understand that it is with your health in mind. Because keeping your dentist informed is a healthy habit…and healthier habits lead to healthier lives.

Dr. Peter Georgopolous - Dental Surgeon

What to do with leftover wine?

Toss pasta with grated Parmesan cheese, butter and fresh herbs, then add a splash of white wine. The wine will give a pleasant acidity to balance the other flavours. Onions can be caramelized in a bit of butter, red wine, salt and pepper, then used as a topping for pizza. THE CANADIAN PRESS

Food

If you want to get creative with your bird this Thanksgiving, visit TurkeyFarmersOfCanada.ca and click on Recipes on the main page.

Lots to savour

You'll find tips for a traditional turkey roast and stuffing but also for infusions and rubs, deep-fried turkey, turkey scallopini and many ideas for leftovers.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Tender sirloin, kiwi ice

Broiled Sirloin

MAKES 10 PIECES

INGREDIENTS:

- 3 lbs (1.5 kg) sirloin or round steak (about 1 in./1.5 cm thick)
- 1 medium onion, chopped
- 1/2 cup (125 ml) lemon juice
- 1/4 cup (50 ml) vegetable oil
- 1 tsp (5 ml) garlic salt
- 1 tsp (5 ml) dried thyme
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (2 ml) celery salt
- 1/2 tsp (2 ml) pepper
- 2 tbsp (25 ml) butter, melted

METHOD:

1. With meat fork, pierce holes in both sides of steak. Place in large resealable plastic bag. Combine onion, lemon juice, oil, garlic salt, thyme, oregano, celery salt and pepper; pour over meat. Seal bag and turn to coat; refrigerate at least 1 hour, but preferably 6 hours or overnight.

Broiled Sirloin

2. Drain and discard marinade. Broil steak 6 in. (15 cm) from heat 8 minutes. Brush with butter and turn. Broil 6 minutes longer or until meat reaches desired doneness (for medium-rare, meat thermometer should read 145 F/63 C; medium, 160 F/71 C; well-done, 170 F/77 C). Use leftovers for lunches or cut into salad the next day.

Kiwi Ice

SERVES 8

INGREDIENTS:

- 2 cups (500 ml) unsweetened apple juice
- 1 tbsp (15 ml) lemon juice
- 4 medium kiwi fruit, peeled and sliced
- Sugar substitute equal to 6 tsp (30 ml) sugar
- 1/2 tsp (2 ml) grated orange peel
- Sliced orange and additional kiwi fruit, optional

METHOD:

1. In blender, combine juices and kiwi; cover and process just until smooth. Add sugar substitute and orange peel. Pour mixture into an ungreased 8-in. (20 cm) square dish.

2. Cover and freeze 1-1/2 to 2 hours or until partially set. Spoon into large mixing bowl; beat on medium speed 1-1/2 minutes. Return to pan; freeze 2-3 hours or until firm.

3. Let stand 10 minutes before serving. Spoon into small bowls; garnish with orange and additional kiwi if desired.

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Thanks-sipping

Not only is Thanksgiving an excellent wine pairing holiday, it gives me a chance to reflect on the many good things in my life (health, happiness, tickets to Chris Botti in New York this December) while my wife cooks dinner.

Now before all you ladies start with the emails, trust me, if I were cooking the turkey, the only thing we'd be thankful for is an available table at a nearby restaurant. My job is to choose the booze, and in that regard, you may be surprised to learn that the big bird can be pretty accommodating.

I favour a lightly oaked New World white like **Lindemans' 2007 Bin 65 Chardonnay ($10.95 - $12.99)** from Australia. It's consistently good, with up-front fruit and a buttery flow that will massage the meat and work with the eclectic mix of side dishes.

In reds, something fruity and balanced like New Zealand's **2008 Kim Crawford Marlborough Pinot Noir ($19.95 - $24.99)** will more than hold its own at your family feast. A mid-priced Chianti from Italy's Tuscany region would be an inspired alternative.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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A seasonal classic

Here from The Complete Canadian Living Cookbook by Elizabeth Baird and test kitchen staff (Random House) is a recipe for turkey that veterans and rookies alike will come back to time and again.

Golden Roast Turkey with Bacon and Chestnut Stuffing

Turkey: Count on 500 g (1 lb) uncooked per person. A 6.75 kg (15 lb) turkey will serve 12 to 16 people.

Preparing: Remove giblets and neck; reserve for stock or gravy. Rinse turkey under cold water; pat dry inside and out. Loosely stuff neck opening with stuffing, if desired; fold skin over stuffing and skewer to back. Lift wings and twist under back. Stuff body cavity, if desired. Tuck legs under band of skin or tie together with kitchen string.

Roasting: Place turkey on rack in roasting pan. Brush with about 30 ml (2 tbsp) butter, melted; sprinkle with salt and pepper. Tent with foil, tucking in sides but leaving ends open. Roast in a 160 C (325 F) oven for 3-1/2 hours, basting every 30 minutes. Uncover and roast for about 1 hour longer or until meat thermometer inserted in thickest part of thigh registers 83 C (180 F) for stuffed or unstuffed turkey.

Carving: Transfer turkey to cutting board; tent with foil and let stand for 30 minutes before carving.

Bacon and Chestnut Stuffing

INGREDIENTS:

- 5 slices bacon, chopped
- 50 ml (1/4 cup) butter
- 3 onions, chopped
- 3 stalks celery, chopped
- 50 ml (1/4 cup) fresh sage or 30 ml (2 tbsp) crumbled dried
- 1 sweet red pepper, chopped
- 5 ml (1 tsp) pepper
- 2 ml (1/2 tsp) salt
- 3 l (12 cups) cubed day-old Italian or French bread
- 1 can (425 ml) chestnuts, drained
- 50 ml (1/4 cup) chopped fresh parsley
- 300 ml (1 1/4 cups) chicken stock

METHOD:

In a large skillet, cook bacon over medium heat for 5 minutes or until cooked but not crisp. Add butter, onions, celery and sage; cook, stirring occasionally, for 30 minutes or until softened. Add red pepper, pepper and salt; cook for 5 minutes. In a large bowl, toss vegetable mixture with bread. Add chestnuts and parsley; drizzle with stock and toss to combine. Let cool.

THE CANADIAN PRESS

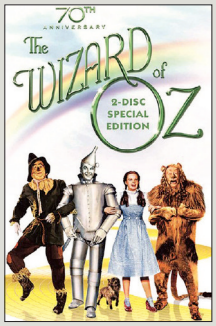
Performing at the CMA Awards
Taylor Swift, Kenny Chesney, Carrie Underwood, Brad Paisley and Keith Urban will be among the performers at the 43rd Annual CMA Awards show, it has been announced. PEOPLE.COM

Entertainment

Big proposal
Sex and the City star Chris Noth and his longtime girlfriend, actress Tara Wilson, are engaged, Entertainment Tonight Canada is reporting.
PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks



The Wizard of Oz: 70th Anniversary Ultimate Collector's Edition

Director: Victor Fleming

IS IT POSSIBLE to say "overkill" and "must have" in the same breath?

It is if you're talking about The Wizard of Oz, the immortal film classicthat continues to shine brighter than the yellow brick road — especially in the Blu-ray version, one of several options available for Oz fans.

Is it necessary to have the hours of supplementary material, including two early silent Oz films, repros of archival booklets and press materials and historical backgrounders? No, but it's a great way to while away a Sunday afternoon or three.

Do Dorothy, Tin Man, Scarecrow, Cowardly Lion (and Toto, too!) look better with their latest digital scrubbing? Yes and no — the film is brighter and more colourful than ever, but you'll likely notice the grain, especially in the sepia-toned early section.

You really can't go wrong, especially if you're thinking of this set as a present for an upcoming event that even the Wicked Witch wouldn't dare name this early.

The only question is, why is there a "collectible and numbered" wristwatch included? Do time pieces have anything to do with The Wizard of Oz? Isn't that more Alice in Wonderland?

Peter Howell
/for Metro Canada

Anvil finally scores a hit

KEITH CARMAN
for Metro Canada

There's a rags-to-riches story permeating North American cinemas. Unlike typical films of such a nature though, this one doesn't involve princesses or evil step-mothers. This one isn't even fiction.

It's the factual story of two Toronto-based men and the commitment to their band — heavy metal outfit Anvil. Initially garnering success in the early-'80s and becoming a household name, over the years, a series of career missteps saw guitarist/vocalist Steve "Lips" Kudlow and drummer Robb Reiner slip from heroes to forgotten soldiers. Still, they refused to stop, releasing album after album and gigging constantly thanks to a pact they made as teenage boys: Never give up.

Surprisingly, that mentality has done them a great service after decades of nothing. One Anvil fan by the name of Sacha Gervasi grew up and became a Hollywood mogul, siring Ginger Spice's child and co-writing The Terminal with Tom Hanks. On a whim, he looked up his old buddies.

The end result was a feature film, Anvil! The Story Of Anvil, which has created a whirlwind of praise, publicity and promotion, making Kudlow, Reiner and bassist Glenn Five a powerful force once again. In essence, Anvil is back. Kudlow, 52, reels at having his lifelong dream come true.

"My whole life has been fighting for something," he notes with humility. "We've always been known to a certain level and occasionally someone comes up to say, 'Hey, you're the guys from Anvil,' but now it's ridiculous. Six weeks ago, I could have gone to New York and no one would have known who I am. Now, anywhere I go, everyone knows who I am. That is really weird."

To top it all off, their previously ignored 13th studio effort This Is Thirteen finally received a proper worldwide release via VH1 Classic Records and the band — once struggling for gigs in outer Etobicoke — will have the honour of appearing on The Tonight Show with Conan O'Brien tonight, coinciding with Anvil! The Story Of Anvil's DVD release. Yet despite years of hardship, Kudlow refuses to see this fortune as deserved.

"It's just a celebration for having stuck to our guns over all those years; like I've been working for decades and never got paid but I'm finally getting my bank book," he declares.

Anvil will appear on The Tonight Show with Conan O'Brien tonight.

Anvil on DVD

• Anvil! The Story of Anvil is now available on DVD.

primetime

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/6/09	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		Blackpool		Life in Cold Blood		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "The Inside Man"		NCIS: Los Angeles (N)		The Good Wife "Home"		News Final
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (N) (SC)		Aveux "Eaux troubles" (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
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	196	311	7	CTV	etalk	Hollywood	So You Think You Can Dance Canada Top 8. (N)				Law & Order: SVU		CTV News
	208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)				The Jay Leno Show (N)		News
	117	713	10	TVA	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Bienvenue	Rire et délire	La Vérité choc		Pratique privée (N) (SC)		Wipe Out	L'Attaque à 5	
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	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS "The Inside Man"		NCIS: Los Angeles (N)		The Good Wife "Home"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Words
	214	344	15	CITY	Hell's Kitchen (N)		The Biggest Loser (N)				The Jay Leno Show (N)		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	CHCH	*Before Sunset* ★★★ (2004, Romance) Ethan Hawke.				*The Outsiders* ★★ (1983, Drama) Matt Dillon, Ralph Macchio.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Shark Tank (N)		Dancing With the Stars		(10:01) the forgotten		News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Hell's Kitchen (N)		So You Think You Can Dance		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Folklore	Nova "Darwin's Darkest Hour" (N) (DVS)				Secrets of the Dead		Charlie Rose
	205	312	104	CTV	etalk	Hollywood	So You Think You Can Dance Canada Top 8. (N)				Law & Order: SVU		CTV News
news	502	390	26	NW	CBC News	Mansbridge	CBC News: Tonight (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Air Racing		Over the Bolts	MMA Conn	The Ultimate Fighter (HDTV)		Sportsnet Connected		Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	NHL Hockey Ottawa Senators at Toronto Maple Leafs. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	410	403	52	SCR	Cabby Unlimit	Score Today	FullTiltPoker.net Million		X-Fighters		Score Now		Score Now
	411	457	56	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	59	SC	Pimp My Ride	Pass Time	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
cable variety	570	580	29	MM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		UFC Unleashed		DEA (HDTV)		DEA "Marijuana Grow House"		Surv. Disaster
	521	560	34	TLC	Ultimate Cake Off		Cake Boss	Cake Boss	20 Years, 20 Duggars		Child Frozen in Time		Cake Boss
	145	761	35	TV5	Zoom animal		Pékin express				Avenirs	Hors série	TV5 Le Journal
	616	521	39	SHO	The Outer Limits		*A Sister's Secret* (2009, Suspense) Alexandra Paul.				Bones (HDTV)		NCIS
	620	523	40	BVO	Montreal Jazz Festival		Live at the Rehearsal Hall		*Callas Assoluta* ★★ (2007, Documentary)				Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	American Loggers (N)		Daily Planet
	575	583	43	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	601	562	45	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	House Party	Comedy Inc.	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Gothika* ★★ (2003, Horror) Halle Berry.		
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV) (N)		Fringe "Fracture" (N)		InnerSpace (N)
	581	566	53	MTV	The Hills	After	Disaster Date	The City	After	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	522	506	55	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	129	773	60	CD	Biographies "Sienna Miller"		Mayday (HDTV)		Images-chocs		Les Procureurs		Cités
	261	394	61	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Unscripted (N)	I Prophesy	Poltergeist
	602	567	62	W	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked (N)		Naked Beauty
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Caution: Nuts	Moccasin Flats	Short Cuts
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Exotic	Restaurant Makeover		Hell's Kitchen (N)		Iron Chef America (N)		

critics'corner

Being Erica
Flakiness is in the eye of the beholder. Erica makes a bad impression on Judith when she baby-sits Max for the first time and can't seem to meet Judith's expectations for following directions. Hurt, she time-travels back to her college days to prove that she's not the scatterbrain Judith thinks she is in the new episode "Mamma Mia." 9 PM on 8 CBC

The Good Wife
Alicia finds herself immersed in her old life when she is asked to represent the teenage son of a former friend, an assignment that requires her to return to her old neighborhood in the new episode "You Can't Go Home Again." 10 PM on 13 CBS 3 GTV

the forgotten
Football may be dangerous, but it's seldom deadly. In this new episode, however, a man is found beaten to death on the street, and investigating his identity and his murder leads Alex (Christian Slater) and his team into the world of pro football in "Football John." 10:01 PM on 20 ABC

Kim racks up frequent flyer miles

Kim Kardashian cheered for her on-again beau Reggie Bush at Sunday's New Orleans Saints game. The reality star, 28, flew to New Orleans early Sunday morning for the second time since Khloe Kardashian's Sept. 27 wedding, usmagazine.com reports. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets

John Cleese is polling the public about his living situation, Demi Lovato tries to wear herself out and Miley Cyrus is up-to-date on the hot movie news from 12 years ago.

• @JohnCleese
...another one tonight. I'm still deciding whether to kill myself on my birthday, and might take a vote on it (no press allowed)...

• @ddlovato
Can't sleep... so I'm doing crunches and pushups till I'm tired again. Blah.. who gets up in the middle of the night to workout?!?!

• @mileycyrus
Titanic is a trending topic. As it very well should be. That movie is PURE GENIUS. Plus I'm just saying Leo is scrumptious!

Is Rimes going all Single White Female?

POTENTIALLY CREEPY Brandi Glanville says her estranged husband's girlfriend LeAnn Rimes is a little too close for comfort, usmagazine.com reports.

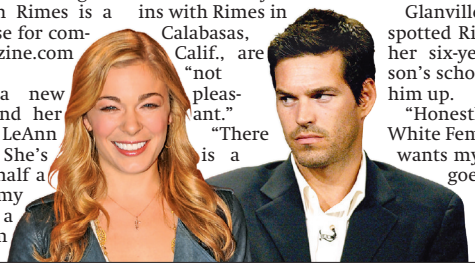
"I have a new neighbour and her name is LeAnn Rimes. She's moved in a half a mile from my house and a block from my son's school," Glanville, 36, said.

Glanville says her run-ins with Rimes in Calabasas, Calif., are "not pleasant." "There is a point where she needs to have a sensitive side and back the F up," she says.

Glanville says she even spotted Rimes in front of her six-year-old son Mason's school as she picked him up.

"Honestly, she's Single White Female-ing me. She wants my life," Glanville goes on.

METRO NEWS SERVICES



Curvy Hudson not preggers

NO BABY Kate Hudson has laughed off reports she is expecting a baby with baseball boyfriend Alex Rodriguez, femalefirst.co.uk reports.

The actress has been dating the Yankees ace since November.

Hudson sparked rumours she is pregnant with her second child earlier this week, when she was seen looking curvier than usual in Malibu, Calif. But her representative has shot down claims she is expecting again, telling website GossipCop, "She is not pregnant."

METRO NEWS SERVICES

Mom won't let Elton adopt kid

CAN'T BE BOUGHT Elton John now faces yet another obstacle in his quest to adopt Lev, a Ukrainian baby he met at an orphanage and fell in love with: The baby's mother.

"I will not give my baby to Elton John for any money," the woman, Marina, tells the Sun.

METRO NEWS SERVICES

Letterman sorry for hurting wife, staff

APOLOGY David Letterman apologized to his wife on yesterday's Late Show, saying she had been "horribly hurt by my behaviour."

The late-night host vowed to repair his relationship with his wife, Regina Lasko.

"Let me tell you folks, I got my work cut out for me," said Letterman, according to an early transcript of the program released by CBS.

Yesterday's show was the first Letterman taped since Thursday, when he disclosed that he had had sexual relationships with women who worked for him, and that he had been the victim of an alleged $2-million US blackmail threat.

Letterman also apologized to his staff for the situation.

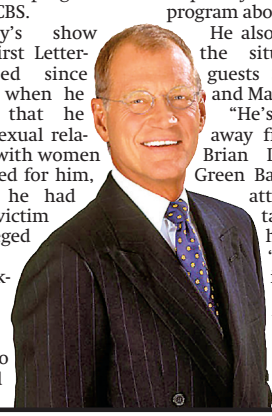
"Inadvertently, I just wasn't thinking ahead," Letterman said. "My thanks to the staff for, once again, putting up with something stupid I've gotten myself involved in."

Audience members who attended the taping yesterday at the Ed Sullivan Theater said Letterman spoke frequently throughout the program about the events.

He also joked about the situation with guests Steve Martin and Martin Short.

"He's not running away from it," said Brian Lakari, from Green Bay, Wis., who attended the taping with his wife, Kelly. "He brought it into the show several times."

THE ASSOCIATED PRESS



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Unaffordable college and university
Crumbling healthcare infrastructure
Expensive transit systems
Inadequate public housing & childcare
With 1.3 million people in Ontario living in Poverty, it's time to Drop Fees and invest in a Poverty Free Ontario

5 Novembre > Monument pour les droits de la personne > 12H
À BAS LES FRAIS POUR UN ONTARIO SANS PAUVRETÉ

Des collèges et universités inabordables
Des infrastructures de soins de santé qui se dégradent
Des transports en commun trop chers
Du logement et des services de garderie publics inadéquats
Environ 1,3 million de personnes en Ontario vivent dans la pauvreté; il est temps de baisser les frais de scolarité et d'investir dans un Ontario sans pauvreté.

CFS FCE Canadian Federation of Students / Fédération canadienne des étudiant(e)s

The Weather Network
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Today Variable 15°/ 9°
Wednesday 80% Rain 16°/ 9°
Thursday Partly cloudy 14°/ 9°

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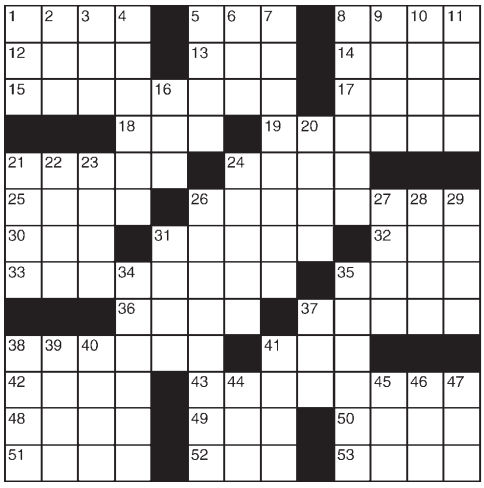
Take Five



ACROSS

1 Easter entree
5 Help
8 Related (to)
12 Hodgepodge
13 Lanka preceder
14 Obey reveille
15 Inexperienced boxers
17 Unfreeze
18 Possesses
19 Barrel parts
21 Haunt
24 Burden
25 Poi base
26 Easy to perceive
30 Eco-friendly org.
31 Breathing
32 Squabble
33 Ease
35 Rescue
36 Pseudo-cultured
37 Tribe leader
38 "Give a hoot, don't pollute" owl
41 Calendar abbr.
42 Eager
43 Discussions
48 Sandwich shop
49 Handle
50 Send forth
51 Gaelic
52 Hot tub
53 Red gem

DOWN

1 Prune
2 Carte lead-in
3 Wire measure
4 Sobbing sound
5 Requests
6 Savings plan acronym
7 Liquefy
8 Fleet
9 Chicken —
10 Wight, e.g.
11 Volleyball barriers
16 Erstwhile acorn
20 Recording
21 Minimal progress
22 Hemingway nickname
23 Exam format
24 Nonclergy
26 Odd-looking animal
27 Actor Pitt
28 Cupid's field
29 Ornamental jug
31 Ostentatious display
34 Young Scot
35 Thin piece broken off
37 Historic time
38 Test the waters
39 Finished
40 Masseuse's stock
41 Dog bane
44 Cleo's slayer
45 Ostrich's cousin
46 Eve, originally
47 Pigpen

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4	3		9					
		1		6		9		
			2					8
	6				8		2	
8			1		5			3
	2		6				5	
7					2			
		5		7		1		
					1		3	9

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

B	A	T		H	O	B	B	Y		S	A	D		
U	S	E		O	D	I	L	E		H	O	E		
S	H	E	B	O	Y	G	A	N		E	N	E		
			O	K	S		S	N	I	P	E	R		
C	A	S	T	E	S		T	E	C	H				
H	U	H		D	E	W		D	E	E	M	S		
A	R	E	S		Y	A	M		D	R	O	P		
D	A	T	E	D		G	A	B		D	N	A		
		L	E	A	N		T	U	C	S	O	N		
D	E	A	R	M	E		I	T	O					
O	W	N		S	H	E	L	L	G	A	M	E		
R	E	D		E	R	O	D	E		F	O	G		
M	R	S		L	U	N	A	R		T	W	O		

2	5	8	4	6	7	3	1	9
3	6	4	2	9	1	8	7	5
1	7	9	3	5	8	4	6	2
8	2	5	7	1	6	9	4	3
9	3	7	8	2	4	6	5	1
4	1	6	9	3	5	2	8	7
7	8	2	1	4	3	5	9	6
6	9	1	5	8	2	7	3	4
5	4	3	6	7	9	1	2	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Pepper-crusted Pork Tenderloin

INGREDIENTS:

2 pork tenderloins (3/4 lb/375 g each)
3 tbsp (45 ml) Dijon mustard
1 tbsp (15 ml) 1% buttermilk
2 tsp (10 ml) minced fresh thyme
1 to 2 tsp (10 ml) coarsely ground pepper
1/4 tsp (1 ml) salt
2/3 cup (150 ml) soft bread crumbs

METHOD:

1. Place tenderloins side by side and tie together with kitchen string. In small bowl, combine mustard, buttermilk, thyme, pepper and salt; spread over surface of meat. Press crumbs onto meat.
2. Place on rack in shallow roasting pan. Cover and bake at 425 F (220 C) 15 minutes. Uncover; bake 35-40 minutes longer or until meat thermometer reads 160 F (71 C). Let stand 10 minutes. Remove string before slicing.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
What happens today may look like a setback but only because you are standing too close and cannot see the bigger picture.

TAURUS ♉
APRIL 21-MAY 21
You seem to be going round in circles and it's making your head spin. Put your plans on hold for a while, sit back and watch the world go by.

GEMINI ♊
MAY 22-JUNE 21
With the Sun moving in your favor this is one of the best times of the year for satisfying your romantic desires and creative ambitions.

CANCER ♋
JUNE 22-JULY 22
You may be tempted to start telling those around you what they should do and how they should do it, but think again.

LEO ♌
JULY 23-AUG 23
There may be a great deal to do and only a limited amount of time in which to do it but you will accomplish more in the long-term if you slow down.

VIRGO ♍
AUG 24-SEPT 22
Your money situation may not be as healthy or as bad as you might think, so resist the urge to make far-reaching decisions about what you own.

LIBRA ♎
SEPT 23-OCT 23
Your timing is a bit off at the moment, but there is no need to worry because you'll make up for it when Mercury joins the Sun in your sign.

SCORPIO ♏
OCT 24-NOV 22
Take time out of your busy schedule to analyze what you are doing and why you are doing it.

SAGITTARIUS ♐
NOV 23-DEC 21
The Sun in Libra makes you more idealistic than usual and that's good because other aspects suggest you are getting bored with your everyday routine.

CAPRICORN ♑
DEC 22-JAN 20
Speak and act as if all eyes are on you today, because someone you don't realize is important is in fact watching you closely.

AQUARIUS ♒
JAN 21-FEB 18
With the Sun transiting the sympathetic sign of Libra at the moment there is precious little that you cannot do.

PISCES ♓
FEB 19-MARCH 20
You will prove your critics wrong and show that you can think and act under pressure. But don't spend all your time and energy doing things just to impress.

TAKE A BREAK FROM WORK

Visit metronews.ca to watch metrotube of the day

This day in history

OCT. 6, 1966: LSD is declared illegal in the United States.
OCT. 6, 1973: Egypt launches a coordinated attack against Israel to reclaim land lost in the Six Day War. The Ramadan War Yom Kippur War starts at 2:05 pm that day.
OCT. 6, 1979: Pope John Paul II becomes the first pontiff to visit the White House.
OCT. 6, 1995: 51 Pegasi is discovered to be the first major star apart from the Sun to have a planet (and extrasolar planet) orbiting around it.
OCT. 6, 2000: Yugoslav president Slobodan Milošević resigns.
OCT. 6, 2000: Argentine vice president Carlos Álvarez resigns.

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PRIVILEGES
$1499
Taxes & other fees (including service charges): $256

Samana via Toronto
Gran Bahia
Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Oct. 11, 18 & 25 • 1 wk.
$549
Taxes & other fees (including service charges): $323

Santa Clara
Occidental Royal Hideaway
Ensenachos • 5★
All-Inclusive
Royal Hideaway Spa
Jan. 3 - 24 • 1 wk.
PRIVILEGES
$1239
Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

Turks & Caicos
Comfort Suites • 2 1/2★
Continental breakfast daily
Junior suite - Run of the house
Dec. 21 • 1 wk.
$1479
Taxes & other fees (including service charges): $223

Ocean Club Resort • 3 1/2★
Studio suite
Dec. 21 • 1 wk.
$1899
Taxes & other fees (including service charges): $223

Cancun / Riviera Maya via Toronto
Gran Bahia
Principe Coba • 5★
All-Inclusive • Junior suite
Jan. 9 • 1 wk.
$1249
Taxes & other fees (including service charges): $244

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Dec. 20 • 1 wk.
$1479
Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

Orlando via Toronto / Montreal
Disney's Pop
Century Resort • 3★
Special offer 2 - Standard rm.
Nov. 18 • 5 nts.
$649
Taxes & other fees (including service charges): $140

Cancun / Riviera Maya via Toronto
Gran Bahia
Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 9 • 1 wk.
$1289
Taxes & other fees (including service charges): $244

Jamaica
Sunset Jamaica
Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.
$1299
Taxes & other fees (including service charges): $256

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Paris via Toronto
All Seasons
Paris Gare Est • 3★
Breakfast • Standard rm.
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$697
Taxes & other fees (including service charges): $326

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Taxes & other fees (including service charges): $262

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